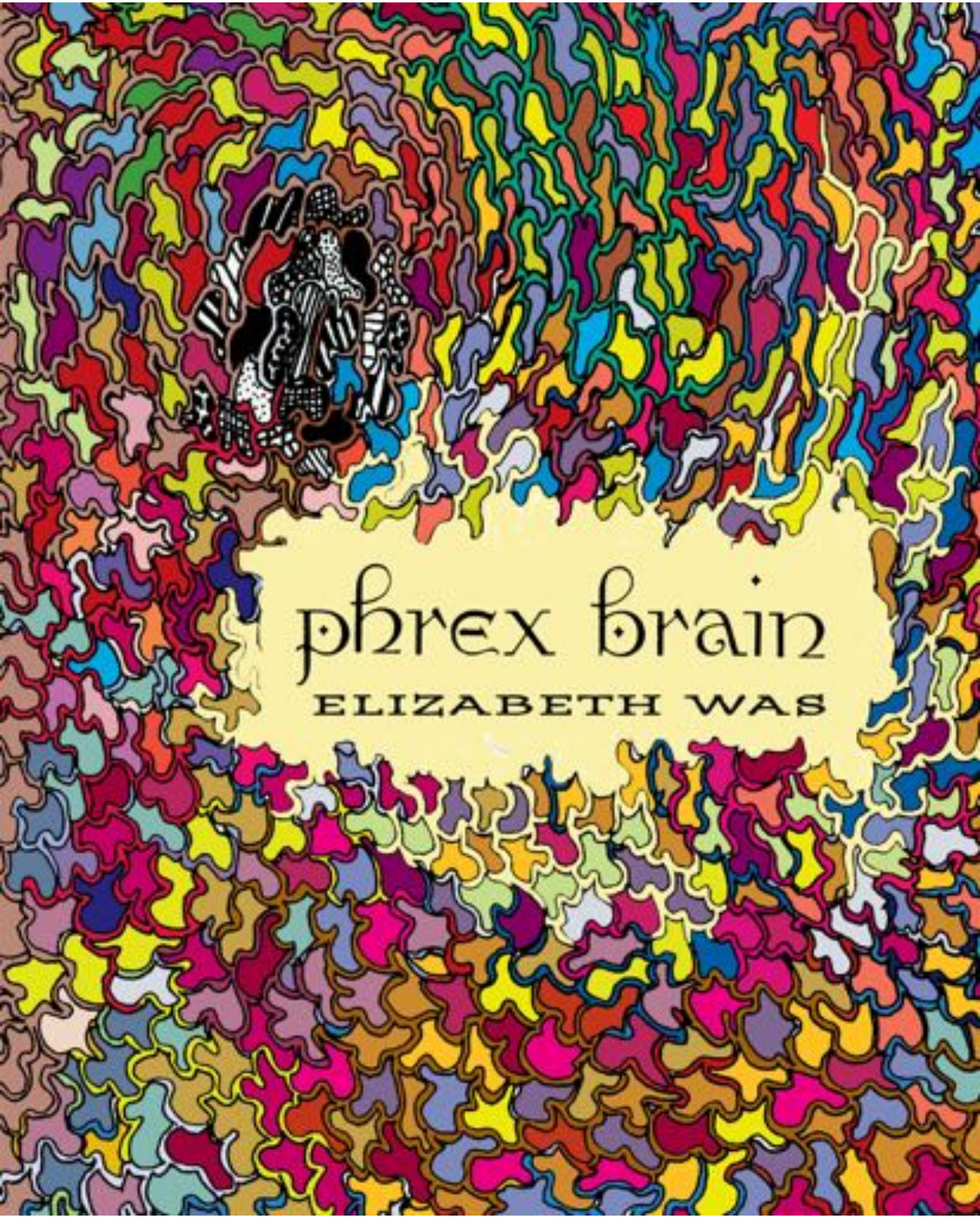

phrex brain
ELIZABETH WAS

# PHREX BRAIN

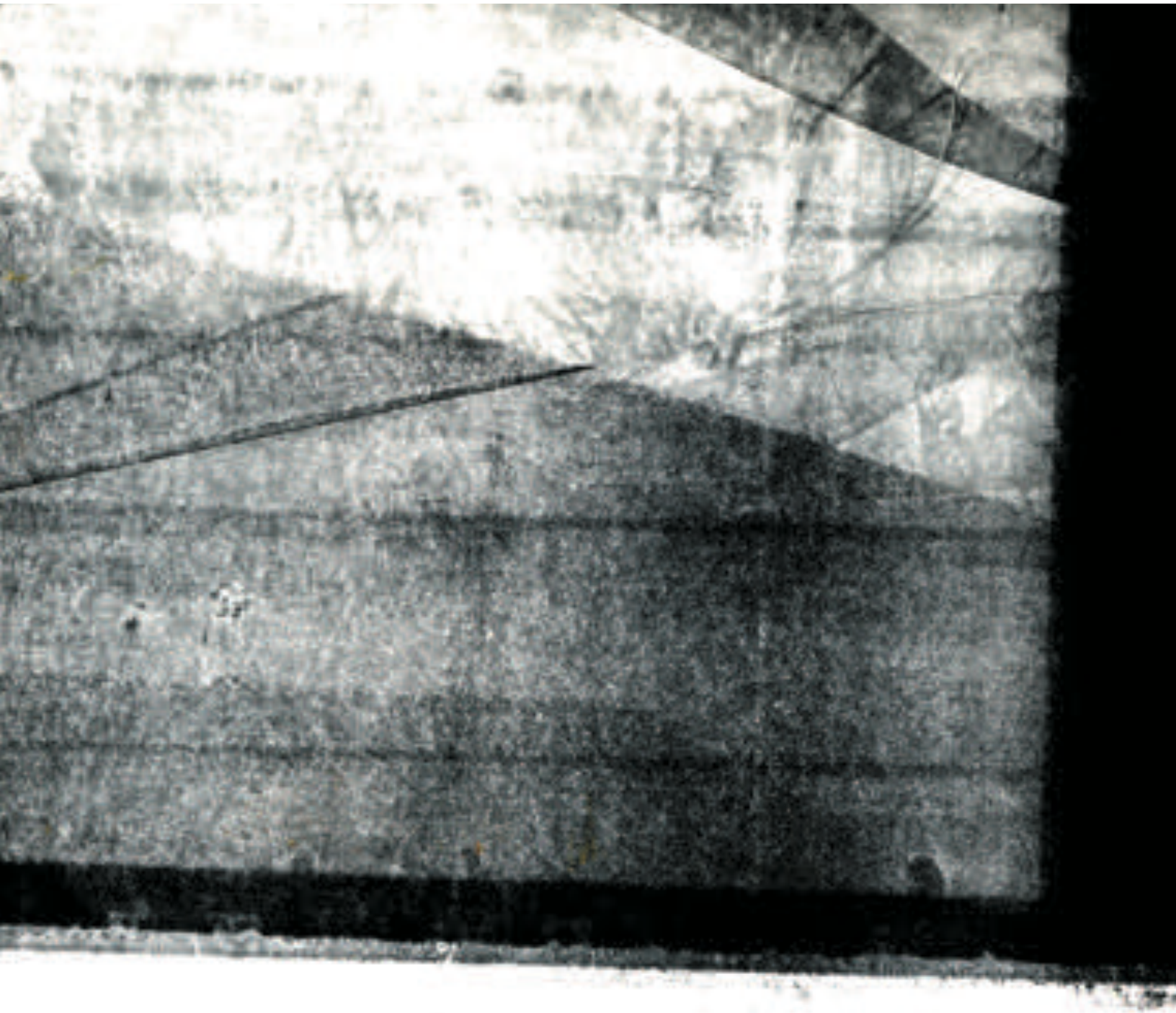
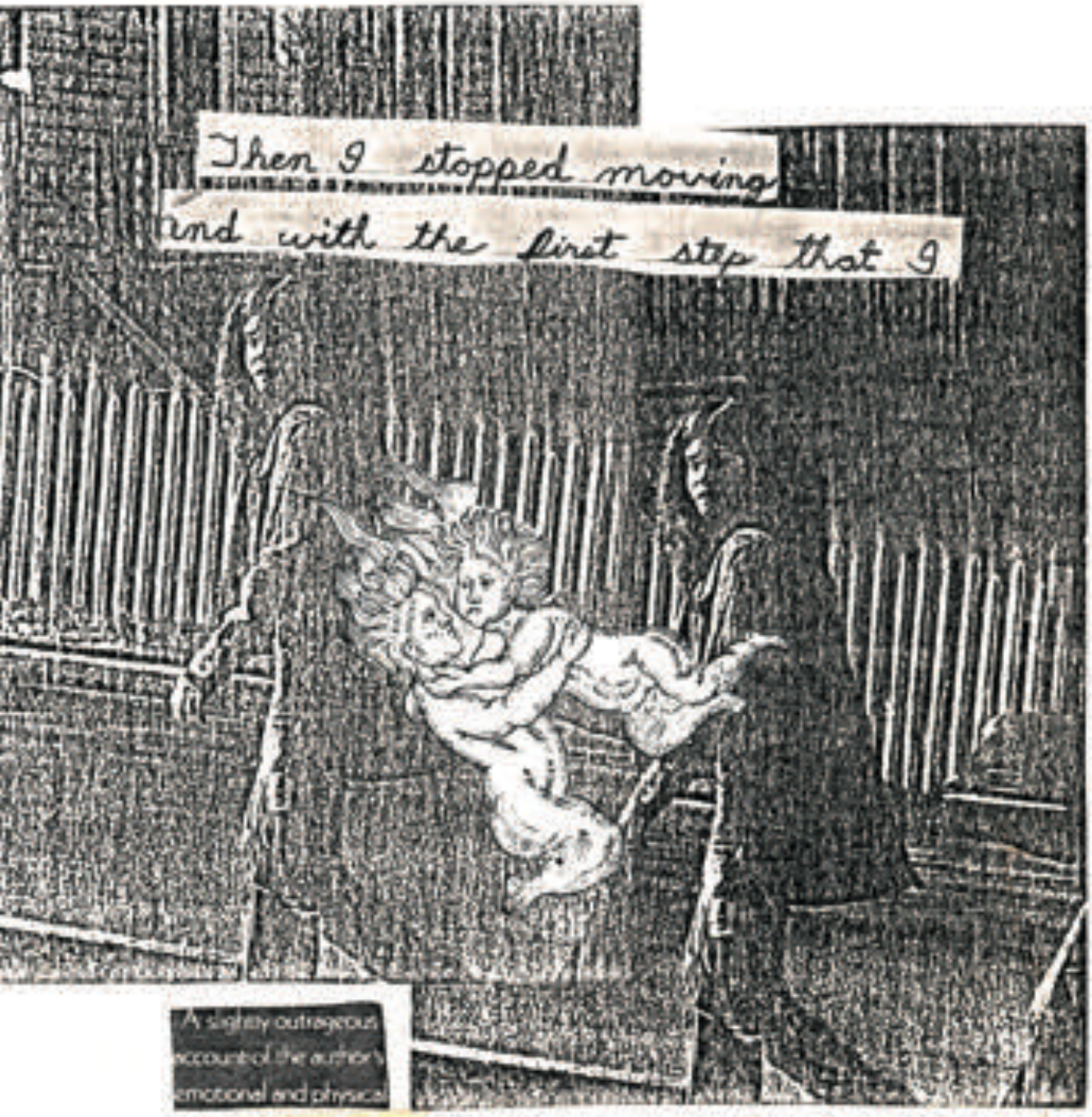


Fig. 20-4. Work
Units denoted do weight-raising job.

# Some 'K'

every function

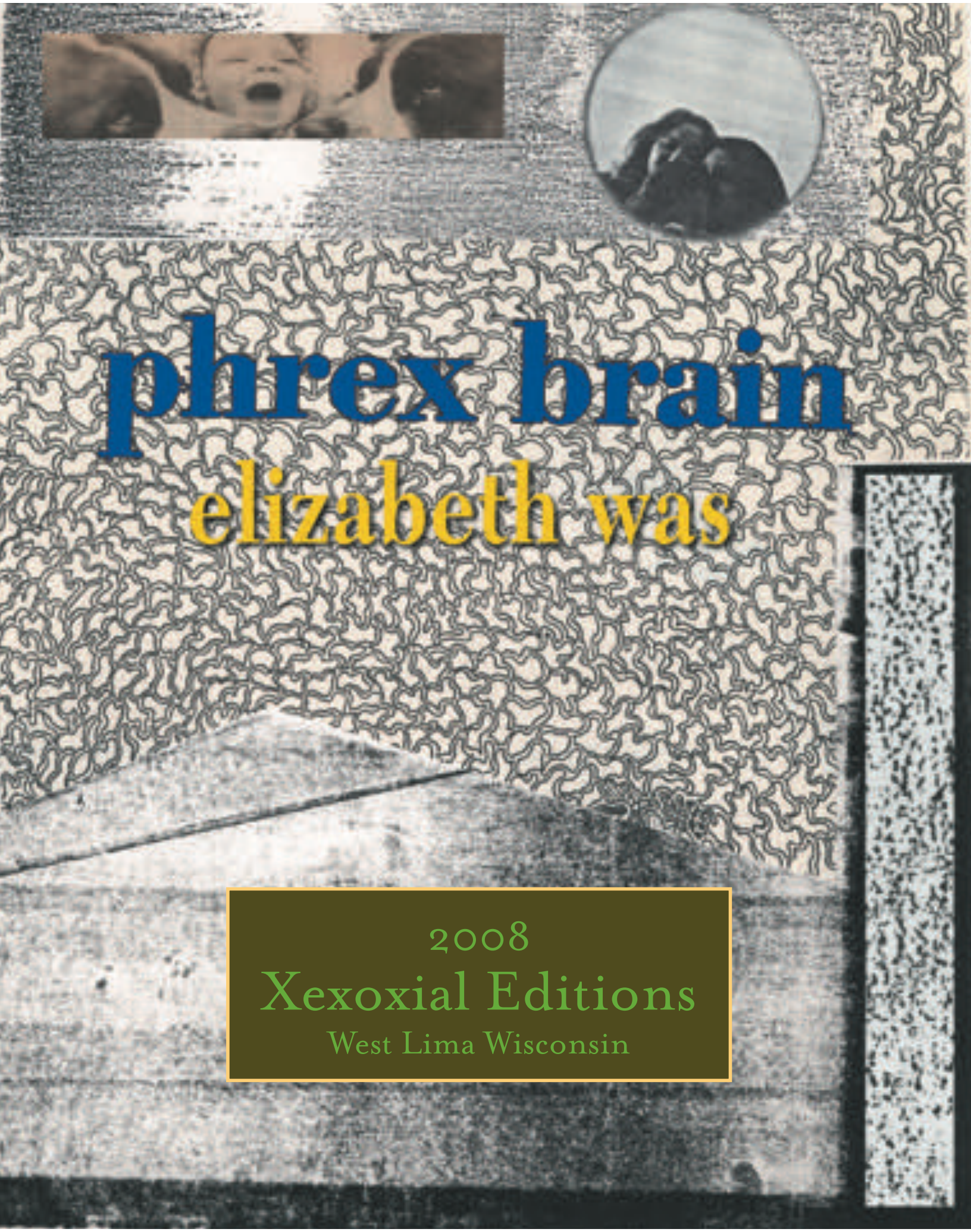
divine glad centre




A slightly outrageous account of the author's emotional and physical

# liz is

BY elizabeth was


phrex brain
elizabeth was
2008
Xexoxial Editions
West Lima Wisconsin

This book was first published in 1984 by Xerox Sutra Editions.
3rd edition digitized July 2008.

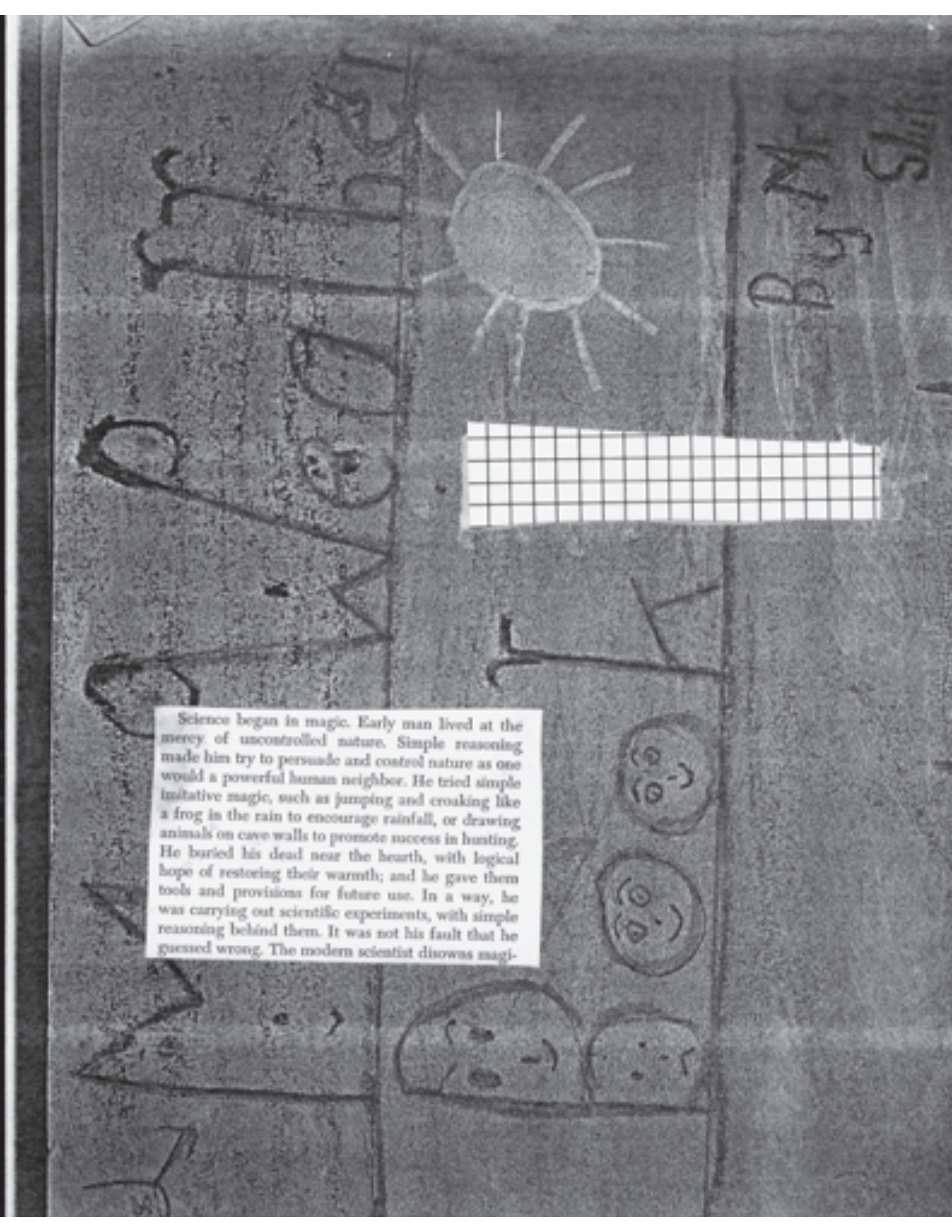
ISBN 1-438259-70-09
EAN-13 978-1-43825970-3

copyleft ©1984, 2008
estate of Elizabeth Was

published by
Xexoxial Editions
10375 County Highway Alphabet
La Farge, WI 54639

www.xexoxial.org

*perspicacity@xexoxial.org*



Science began in magic. Early man lived at the mercy of uncontrolled nature. Simple reasoning made him try to persuade and control nature as one would a powerful human neighbor. He tried simple imitative magic, such as jumping and croaking like a frog in the rain to encourage rainfall, or drawing animals on cave walls to promote success in hunting. He buried his dead near the hearth, with logical hope of restoring their warmth; and he gave them tools and provisions for future use. In a way, he was carrying out scientific experiments, with simple reasoning behind them. It was not his fault that he guessed wrong. The modern scientist disowns magi-

Simple Experiments with Reflection

# Former literary 'also-ran' looks back on life

1.

**wh**ale

Is it a __ __ ale?
Yes, it's a __ __ ale.

Liz Nasaw
10/24/65

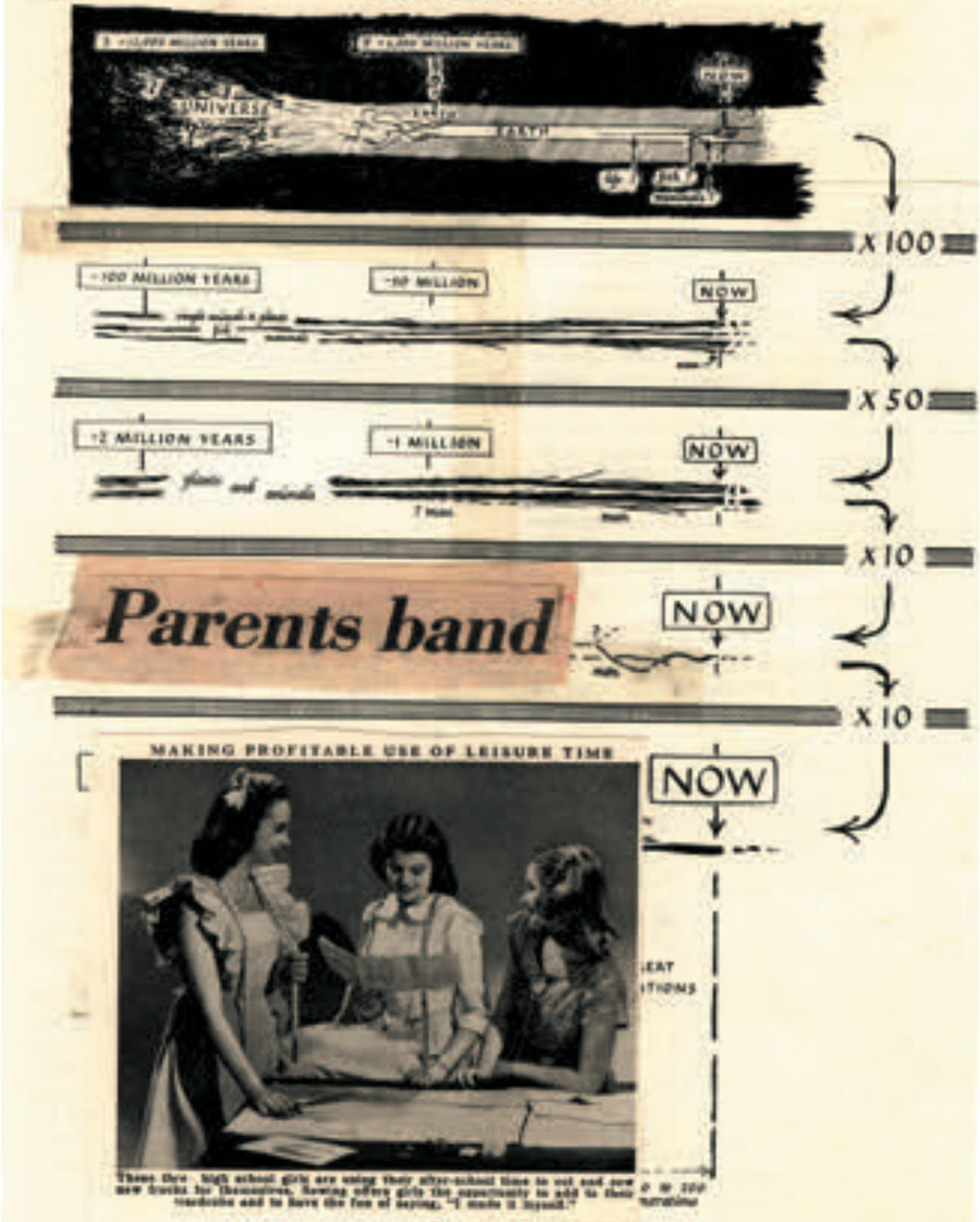
Harlow Hill
Room 27

# Dick Whittington and his Cat

Once there was a very poor boy, named Dick Whittington, whose parents had died when he was very young. His town, in England was poor, so he didn't get much that he longed for. He had heard people talking about a wonderfully rich place called London, which was a city filled with gold and jewels. Once Dick saw a beautiful carriage riding through town. He was sure that the wagoner (The one walking along with the wagon) asked the wagoner if he could walk with him. When the wagoner heard poor Dick's story his answer was yes. When they got to London, Dick was so happy, that he ran as fast as he could, and forgot to say thank-you to the kind man. A minute later, he was so tired and disappointed, because he saw no gold around, that he lay down in a dark corner and cried himself to sleep. When he woke up the next morning, he was hungry and a butcher shop across the street tempted him. Dick knocked on the door

g+ except neatness

Another example of comfortable and safe play space in the finished attic. Sloped ceiling is of plywood panels. Walls have built-in storage areas for toys and personal items.



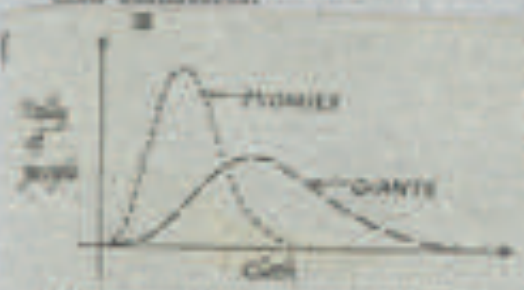

Parents band

Fig. 12-1. A Rough Table of Ages

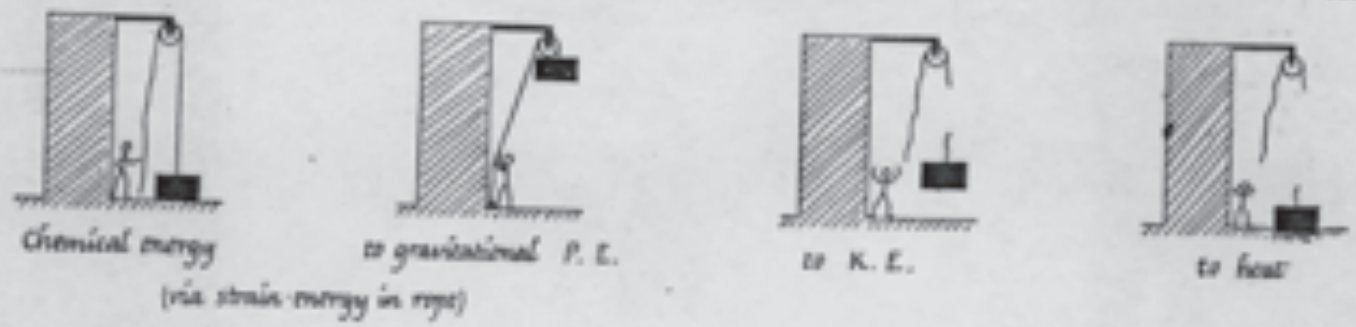
The times for the stages of man differ greatly with locality. "The age of the Universe" not only seems a fantastic guess but is also entirely dependent on our choice of time-scale: yet astrophysicists are making scientific speculations.

kind of shelter. Cave-
men didn't have the things
we have now. They didn't
have electricity and lots
other things.

| 5. I'm ___ ___ enty. | 6. I want ___ ___ ies. |
| --- | --- |
| 20 tr<br>sw<br>tw | tr<br>fr<br>cr |



I turned Beatrice
delight circled round
wore out topaz
sober with father



6. Voice Volume: What you have to say

7. Voice Quality Don't talk quite so fast

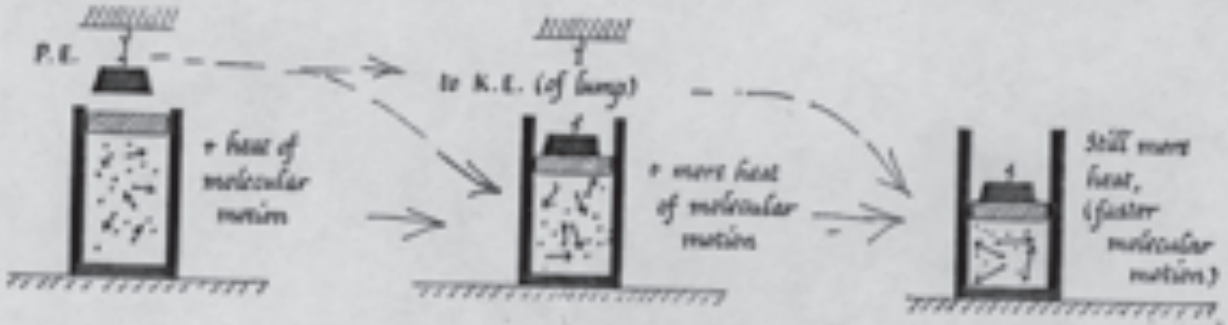


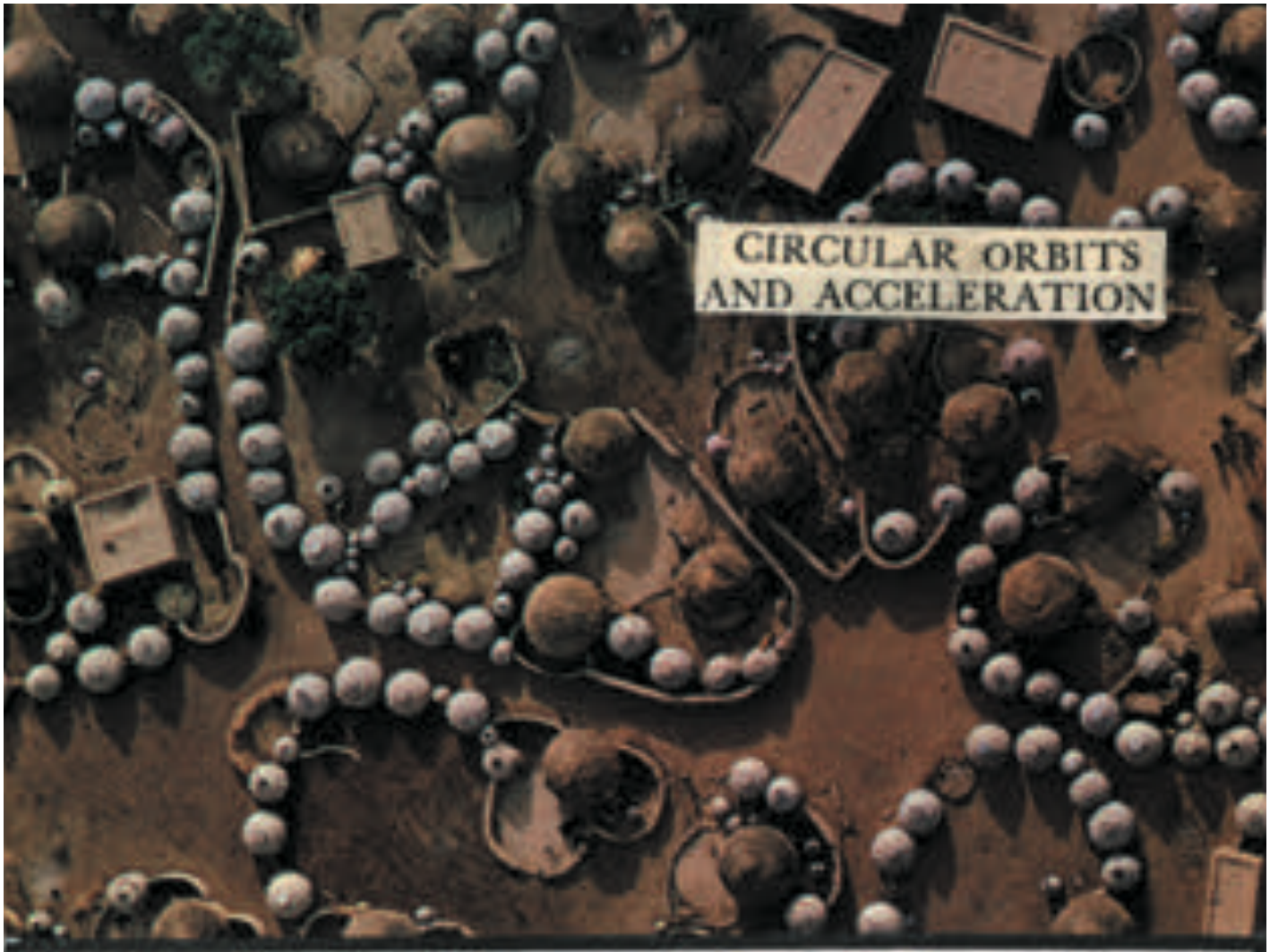

FIG. 26-32. CHANGES OF ENERGY

**SCHOOLED**

**TO ORDER**

came the big thing. When it reached me, it went right over me. After it had gone, I had all different lines and shapes on me.

And from that day till now, I still have those lines and shapes.

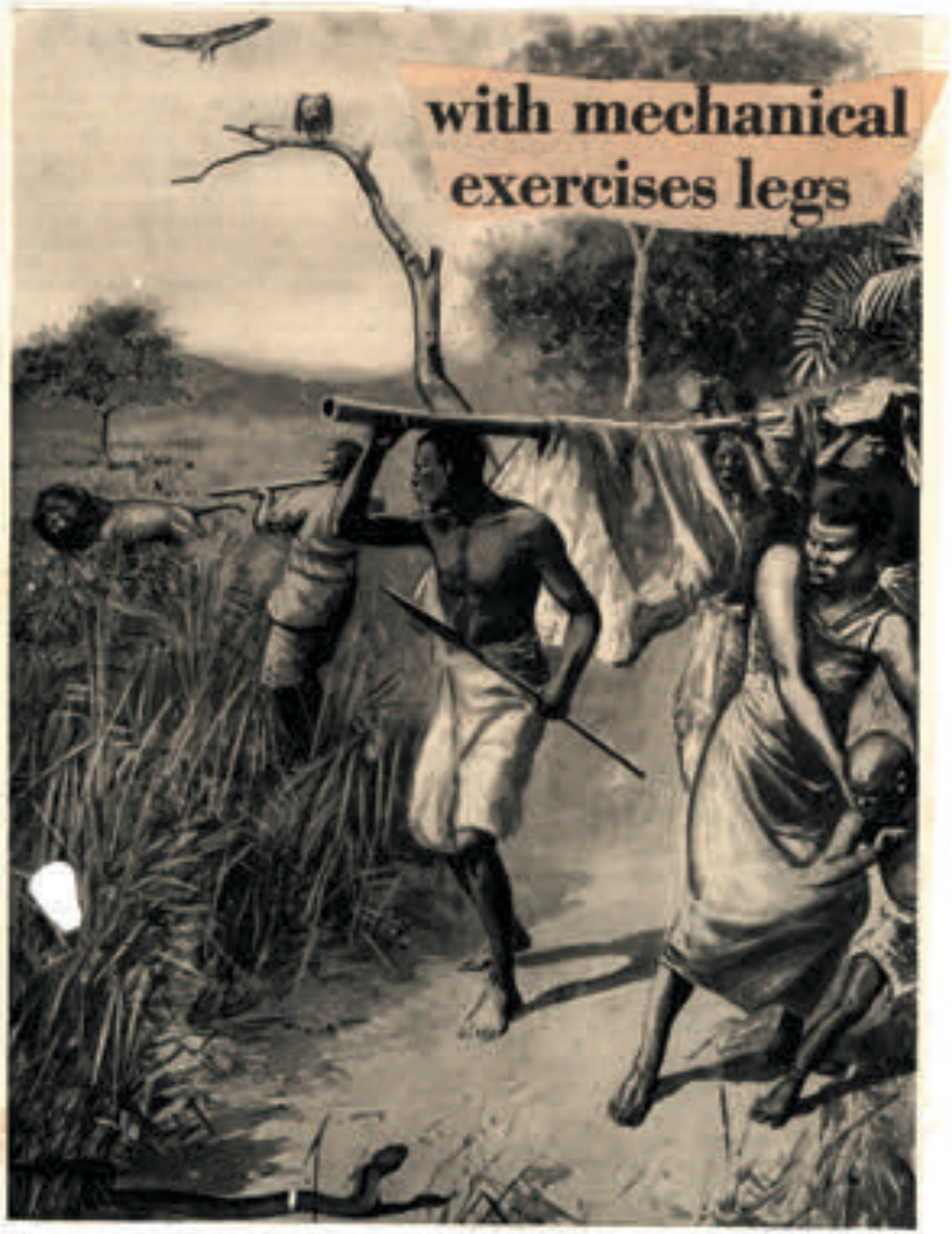


Where are you from?

I'm from _____

What are you?

I'm _____


with mechanical
exercises legs

below for a rod (instead of ball) spinning in a uniform current of air. The pattern for a ball is somewhat similar.

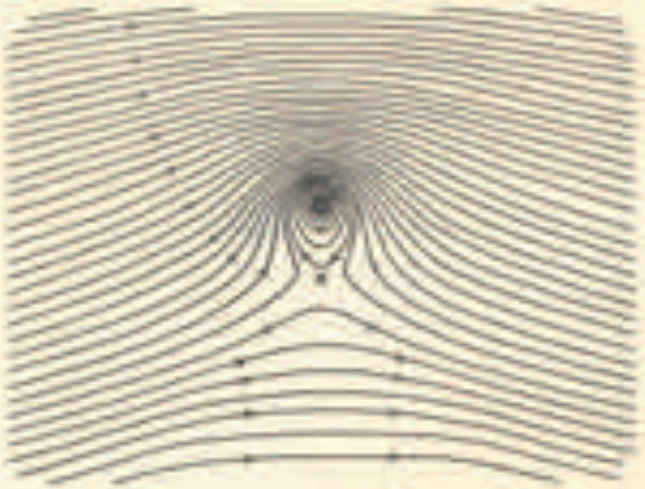


FIG. 9-21. STREAMLINES FOR A STOPPING CYLINDER IN UNIFORM WIND. These are sketched fairly accurately from the streamline pattern predicted geometrically from $\nabla^2 V = 0$, the basic mathematical rule governing streamline patterns of this kind and all other "inverse-square law" patterns.

PROBLEM 5

If you have studied physics before, you may have met this pattern in an entirely different part of physics. If so, where? Is the likeness purely coincidental? Can the likeness

"INTERFERENCE" AND ITS EFFECTS

FIG. 9-22. PROBLEM 6. Streamlines for a source and an equal drain in an infinite lake of uniform depth.

In a huge shallow lake of still water, a spring at A delivers a steady inflow of water, and a drain at B carries away an equal outflow. Sketch the streamlines in the lake using the following help. The spring by itself would produce streamlines which are straight spokes radiating from A. Near A, where the streamlines are crowded close, the speed of this outflow along radii would be great. Farther out from A the speed would be smaller.* The drain by itself would produce a similar pattern of radial inflow to B.

Mark A and B a few inches apart on a full sheet of paper, sketch both sets of streamlines right across the paper and find the resultant pattern, by drawing and guessing. (What corresponds to hints (i, ii) above?)

Where have you met a similar pattern?

FIG. 9-23. STREAMLINES OF AIR FLOWING PAST A SPINNING BALL.

Air is flowing past it faster above it than below it, so there is a region of lower pressure above it and high pressure below. Air pressure therefore pushes the ball upward, distorting its path. Similarly a ball with a spin around a vertical axis is pushed to one side and will swerve. There have been many arguments about this matter, but the "curving" of a spinning baseball has been measured. However, prejudice from a pitcher's reputation may make player or spectator see more curves than are there. With a lighter ball spinning fast—e.g. a cut tennis ball—real curves are easily seen.

★ PROBLEM 7. THROWING CURVES.

(vii) A cork ball is thrown across the room from a rough cardboard tube. The thrower holds the tube behind his shoulder, and slings the ball out by

Plants

In fall, cork grows around
the stem of a leaf. It squeezes
the stem so the leaf turns color.
When the cork
stem, the cor
grows so hea
falls to the g

pan and melted it.

# TEPEE

A tepee is made of

An Igloo is made
of ice and snow. Eski-
mos lived in an Igloo.
They live in the Arctic

IRREVERSIBLE EXPANSION
TO EACH NEW GENERATION

the reason for my inability to verbalize my feelings to you and your Mother concerning the variety of events surrounding my last visit to [redacted] Roslyn & Decorating: all in the mind on the cutting board, the incredible contradictions reflected in the wealth of that area. What I wanted so hard to ask your Mother was how you Nassau's could be such decent people amidst all the others. People like you just don't grow on trees. When I left Roslyn I heaved a sigh of relief and said, "I'll never go back there again". I rationalized my inability to sit down and talk things out though my rationalizations were transparent as Saran wrap. It was so much easier for me to blame others, but deep down I knew who the transgressor was. I felt so defeated that I wanted to lay down and croak. And I just about did that when I became deathly ill in Cleveland. Now I think it was psychosomatic.

A
Different
Existence
has graduated
fancy homes

reverse roles

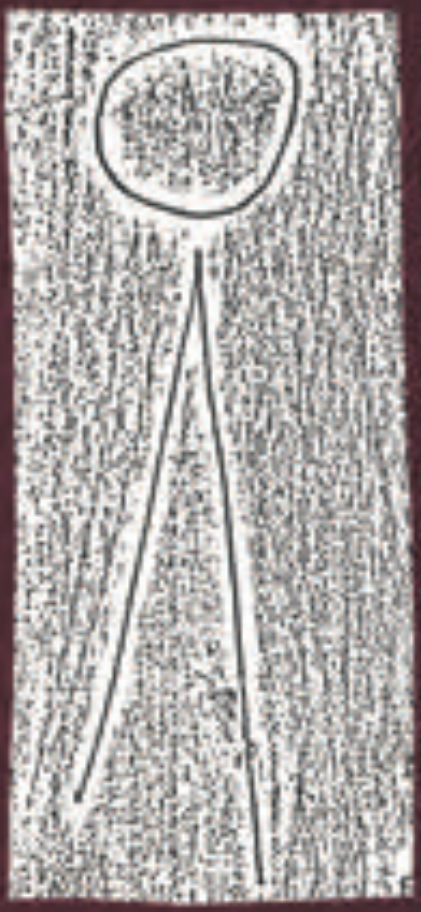
# Change Ripples New

hearing shall keep us
stripped of flesh
come less quickly
more piercing

obscure after sparks
in itself directed
pleasure decked out

Rural wedding conforms to the rhythm of the farm

School —
Within —
A —
School



Philosophy in the Middle

**Common Activity Scale**

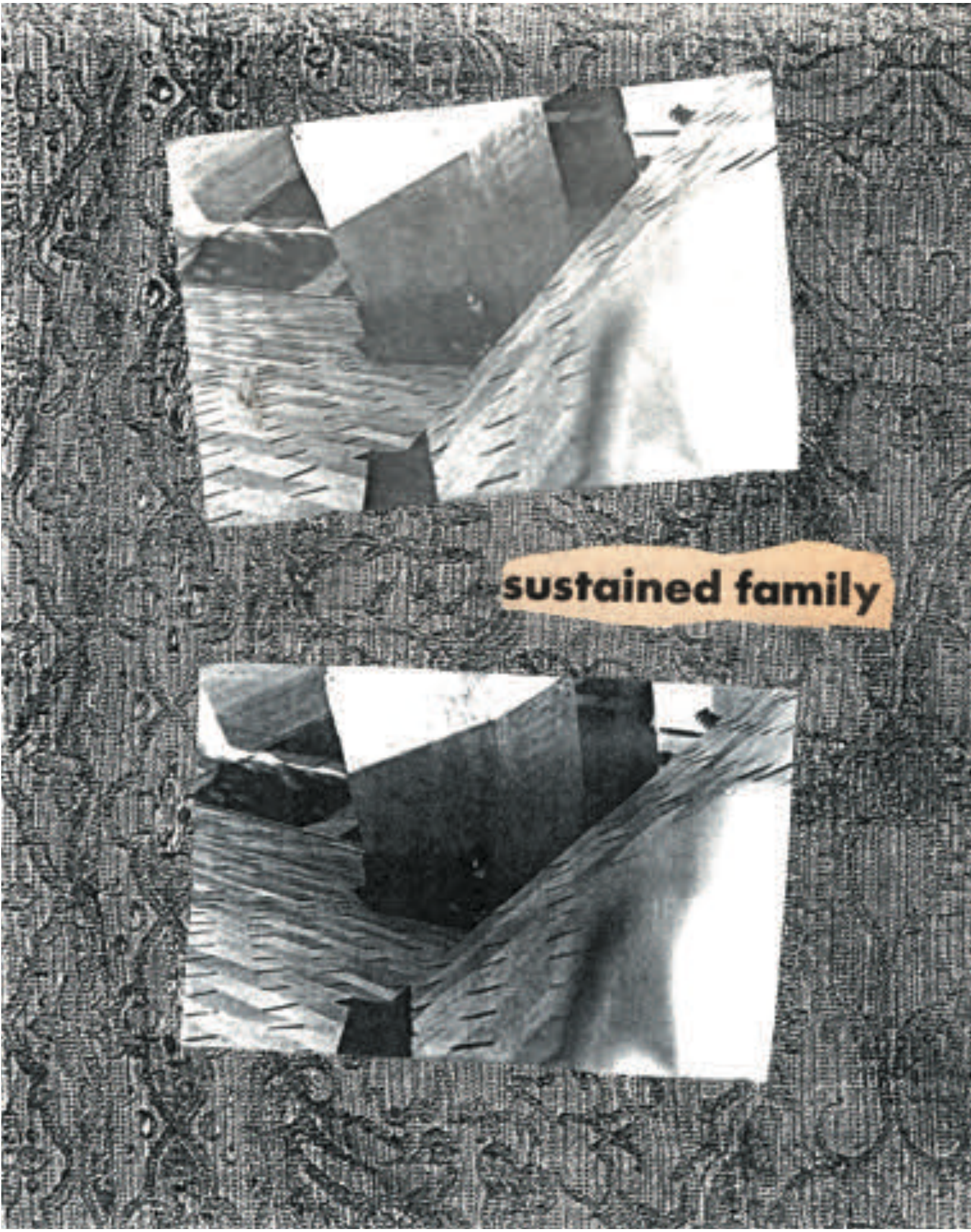
| Prescriptiveness | Controls | Physical Movement |
|---|---|---|
| Low | Low | High |
| High | High | Low |
| Low | Low | Low |
| Low | Low | Medium |
| Low | Medium | Low |
| High | High | Low |
| Medium | High | Low |
| Medium | Medium | Low |
| High | High | Medium-High |
| Medium | Medium | High |
| Medium | High | High |
| Low-Medium | Medium | Medium |
| Low | Low | High |
| Medium | Medium | High |
| Low | Low | High |
| Medium | Medium | Medium-High |
| High | High | Medium |
| High | High | Medium |
| Low | Medium | Medium |
| High | High | Low |
| High | High | Low |
| High | High | Low |

Philosophy is as s to a person as it is something that he vent in which the transformer is himself t ot, strictly speaking, be separated from th ay--not even Socrates himself, who of cour re his Socrates, let us watch him philoso a him his philosophy." One must say instead Philosophy. Let us become of this ring re let the song sing itself."

Socrates does not y, take it if you will."; but rather,"Here I am where are you?" Or, as Zarathustra said, "Here is my way where is yours?" This query, which is really a demand, is th adfly. What is painful is that terial which has been associated back off to sleep by means of a particular "way" that is being ended, urged and demanded is not l response to the human need the solution to a problem, but , implications, and most of all , "I disagree," he can only say this seriously." The greatest p Plato and Nietzsche consist in the ross every sleeper's path to the re

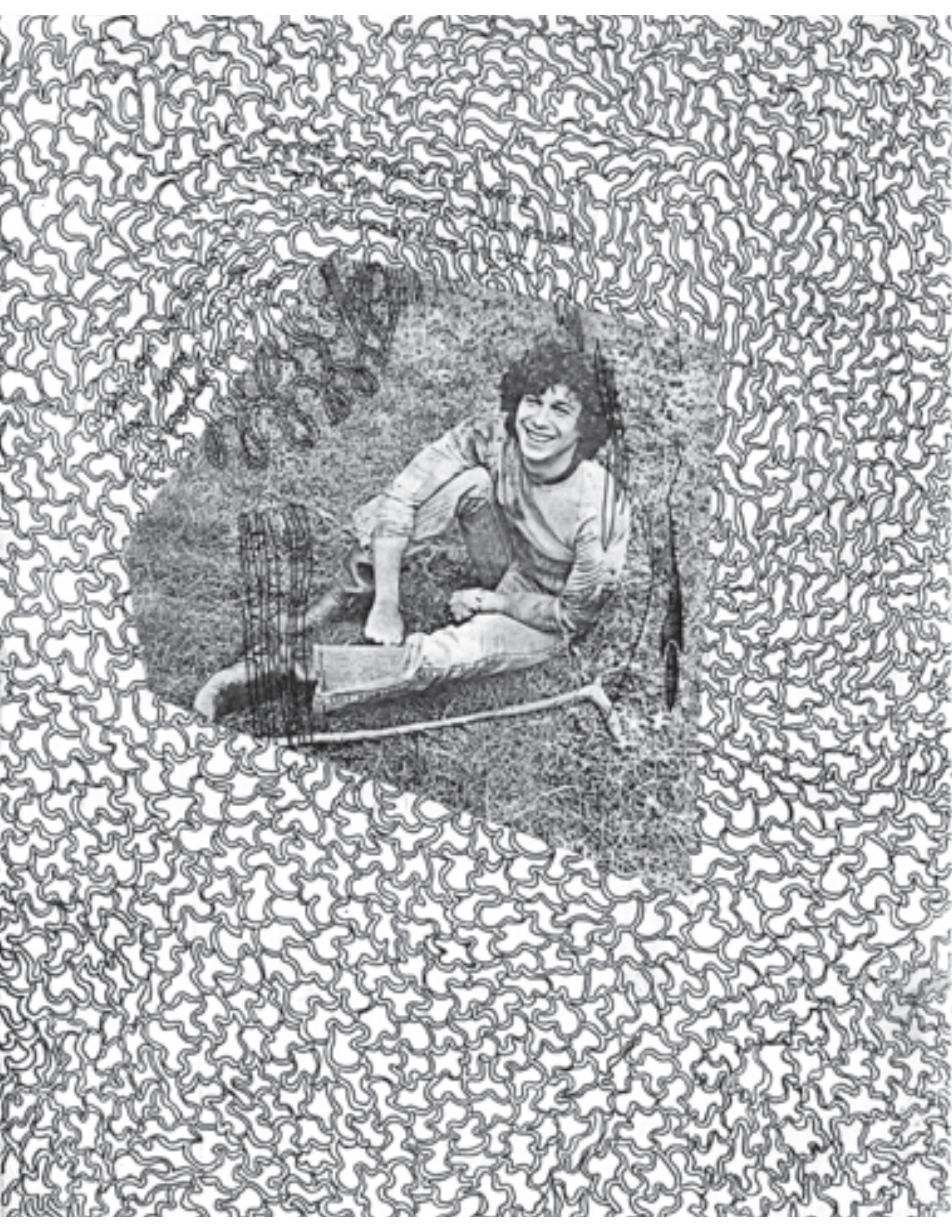
(And what is truly sublime about Nietzsche is that he did not take the problems of philosophy

your bed become too old


sustained family

pan and melted it.

the face
near miss
dreamy conditions
on my back
it never once
resent you
what-have-you
have changed
~~he choke me~~
out on the controls
dark winter afternoon



land sparks
past struggling

Dear Dz, 9/30/79

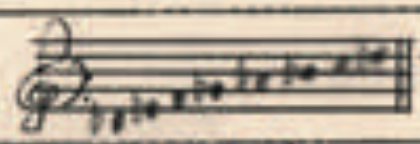
Glad to get yr. letter. Was going to call you at first but yr. phone never answered. I think it terrific that you are getting to reduate yr. at ever-expanding [illegible] to be great yr. music. I [illegible] that Hey there's any [illegible] can do with their life [illegible] it doesn't really matter what [illegible] your life, though I suppose it couldn't hurt if it [illegible] you have the most fulfillment for. Which in yr. case is certainly music. I wish you luck. Meher Baba said (& wrote, or printed it on his letter-board, & he didn't talk after '54 I don't know, around nineteen-fifty), "Music is the seventh wheel of the Word." And that's pretty high -- he never even mentioned novels.

But I have to tell you, I never realized I'd started on either of my when I used to go into yr. [illegible] when I was fifteen [illegible] dy in the key of b. And you know I think my favorite instrument is the saxophone -- particularly, a nice simple hard-blowing King Curtis or Clarence

impression

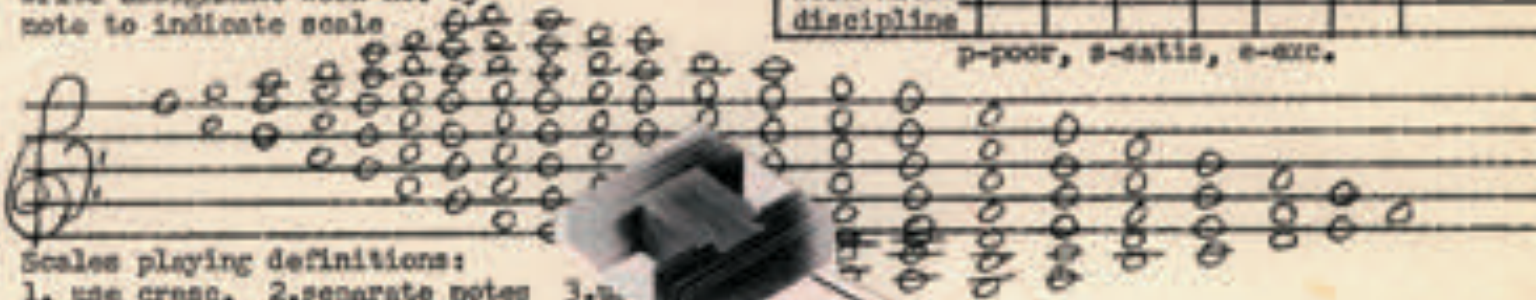
Date issued _____ Name _____ Fin. sc. _____

I. Tone production Instrument _____ pf. _____ check _____




II. Scales:(encircled note)
write assignment week no. by
note to indicate scale

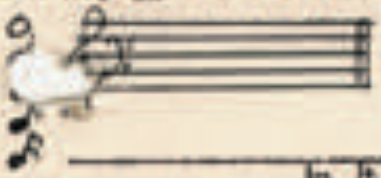
| Skills table report - weekly ext. | | | | | | | sc. |
|---|---|---|---|---|---|---|---|
| work habits | | | | | | | |
| discipline | | | | | | | |

p-poor, s-satis, e-exc.

Scales playing definitions:
1. use cresc. 2.separate notes 3.s.
4. note values 5.straight tone 6.goo.

III. **Christmas Idea!**
WIFE .GIRLFRIEND .DAUGHTER

| Term: | Lab.rep. |
|---|---|
| Jaw | |
| attack | |
| release | |
| fl.chin | |
| c's | |
| a | |

IV. Arpeggio Ex.-Formula-(F)-f-c-a-f-c-a-f



F,E,D,C,B,A,G,F,E,D
D,A,G,F.

| | m | t | w | th | f | s | s |
|---|---|---|---|---|---|---|---|
| V. Assignments pr. | | | | | | | |

Date: Book ex. P. com.
misc. ex. P. com.
Parent's sig. tot.sc.
Assig.(2) pr. pc.
Book ex. P. com. sc.
misc. ex. P. com. sc.
Parent's sig. tot.sc.
Assig.(3) pr. pc.
Book ex. P. com. sc.
misc. ex. P. com. sc.
Parent's sig. tot.sc.
Assig.(4) pr. pc.
Book ex. P. com.
misc. ex. P. com.
Parent's sig. tot.
Assig.(5) pr.
Book ex. P. com.
misc. ex. P. com.
Parent's sig. tot.
Assig.(6) pr.
Book ex. P. com. sc.
misc. ex. P. com. sc.
Parent's sig. tot.sc.

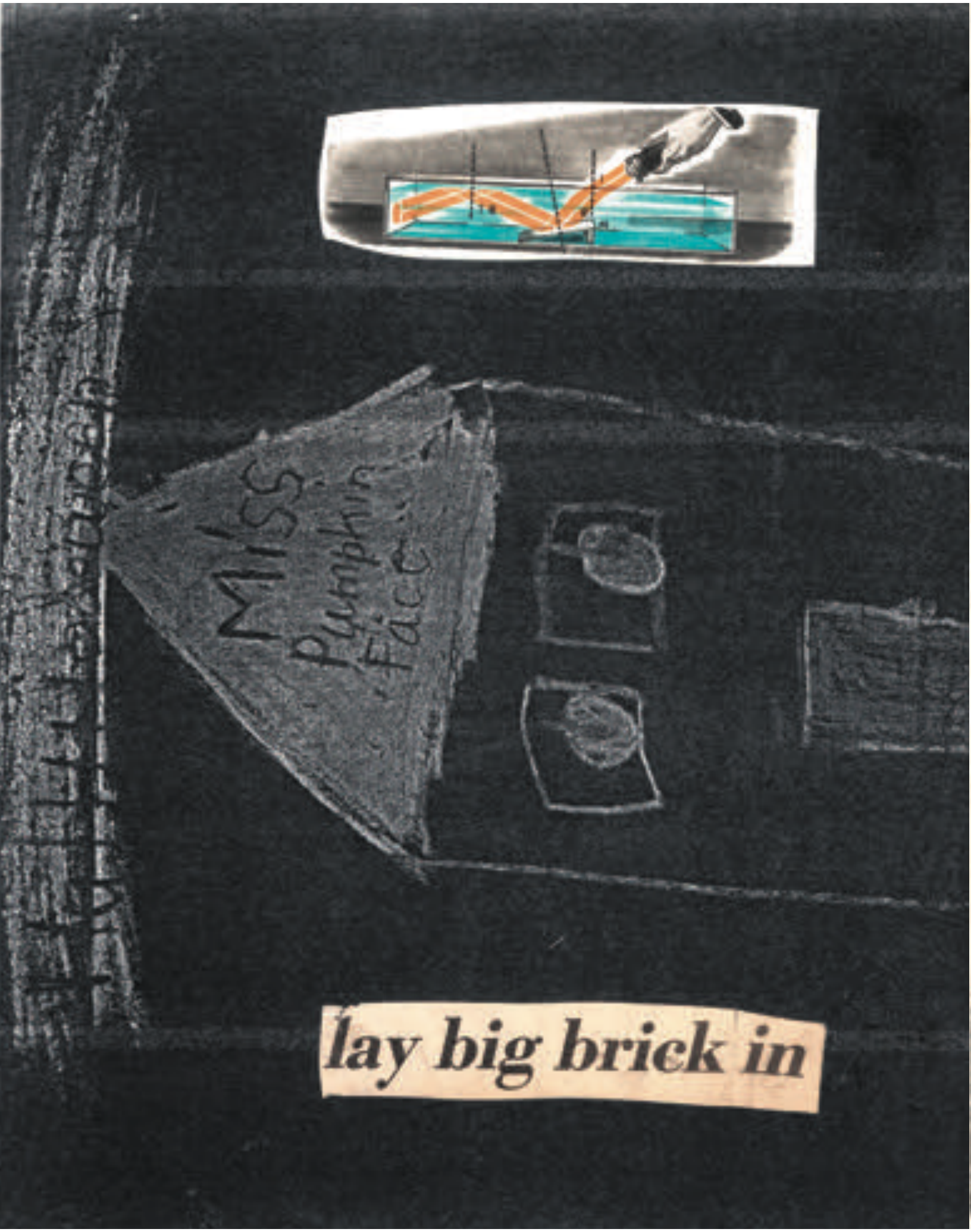
| | |
|---|---|
| arm | |
| shldr. | |
| cradle | |
| key sig. | |
| alur | |
| legato | |
| accent | |
| expr. | |
| dynam | |
| fn(f | |

notes,etc elin.

VI. Special emb.-skills definitions- Com:

Gen.summary:

(Copyright 1974 by Joseph C. Simmons
Anatovind Clinic-Reg.U.S.Pat.Off.)




lay big brick in

But what about all the seeds buried under snow. Unless you are frozen solid now, if not the junk yard), ordinary cool bulb is the sun, but seedlings concentrate on the spirit. Still meet, exchange information, and share musical ideas with friend, or relative, or labor. Soak them in water overnight.

If we are in need of healing, birth occurs. Over and over out; it means coming to know soil, and the greater the health means always learning.

# technique into modern

Areas of Control
Leisure may be either a tragedy or a blessing. Leisure spent wholly in idle amusement may deteriorate mental efficiency and impair health. Leisure those spent in self-improvement, in developing special talents, and satisfying other worth-while interests, will enrich life and bring new powers of enjoyment. The question of what to do with this new leisure of the masses is receiving the serious consideration of employers, of government agencies, and, above all,

# ARISTOTLE-METAPHYSICS

translated by Richard Hope

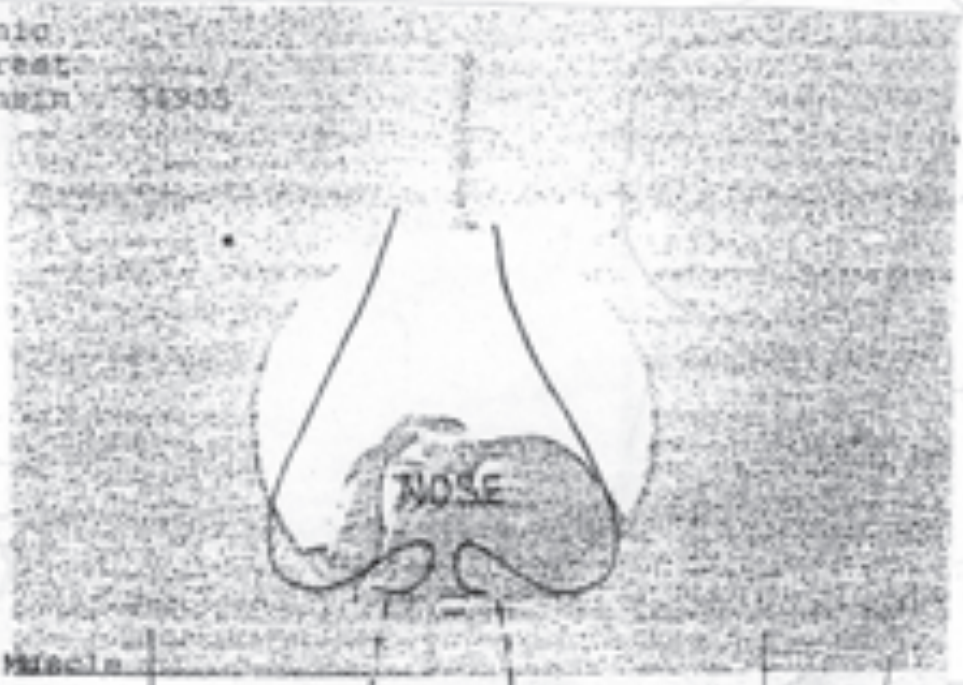
passion dost track
here so far from the track
power breathe
used things all action
upon this sys
through dual holy fashion

# CHART V

## And Here It Is.. "The Flat Chin"

Anatowind Clinic
615 Eighth Street
Beloit, Wisconsin 53511

Clinician




The Container Muscle

NASOLABIALIS

Depressor (Inner Layer)

Buccinator Inner Layer

Risorius Smile-Pucker

Triangularis

Risorius

mandible

Lower Jaw

Deliineator Muscle

His Voice Can Be Imitated on a Violin

The Mounter (foundation base)

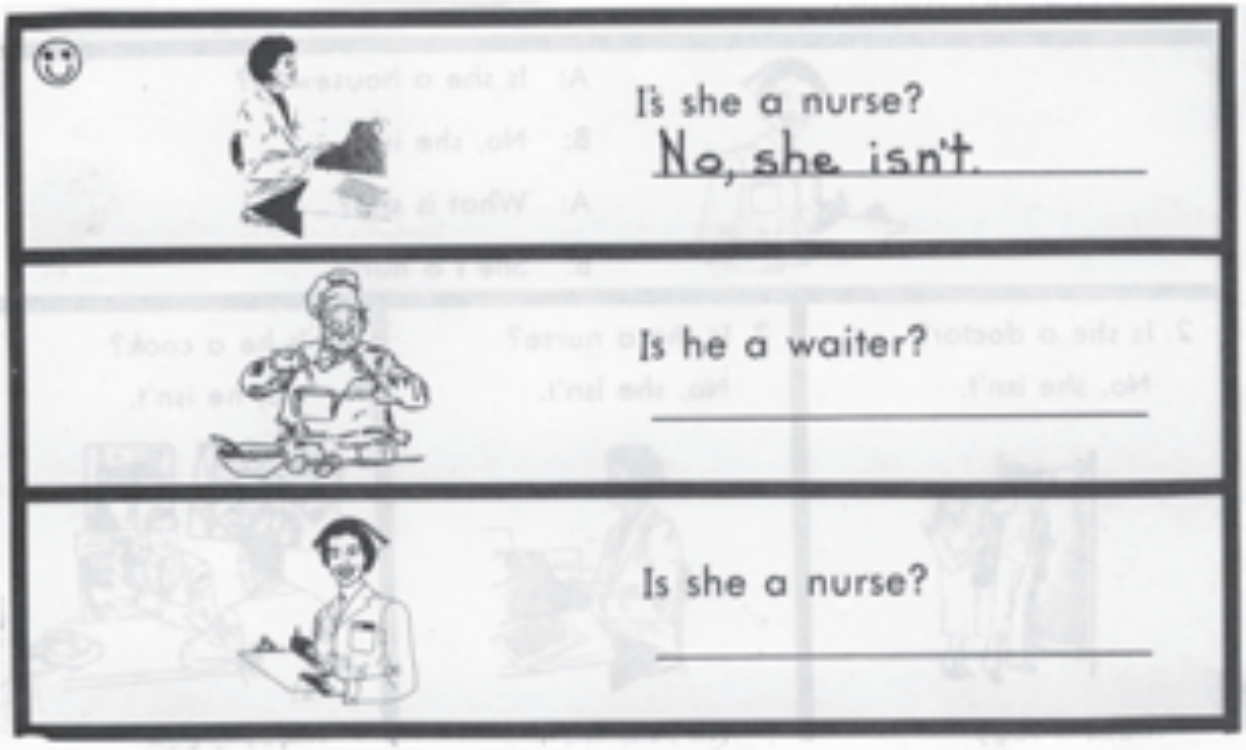
mandible lower jaw

## THE UNFINISHED PRODUCT—UNDERSTANDING

### *Models*

That is why science seems complicated to learn, and even difficult to trust at first: we gain our knowledge by repeated attacks from different angles and we base our belief on the consistency of that knowledge. We do not necessarily believe that the picture of nature we thus form *is* the real world. Many scientists say it is simply a *model* that works

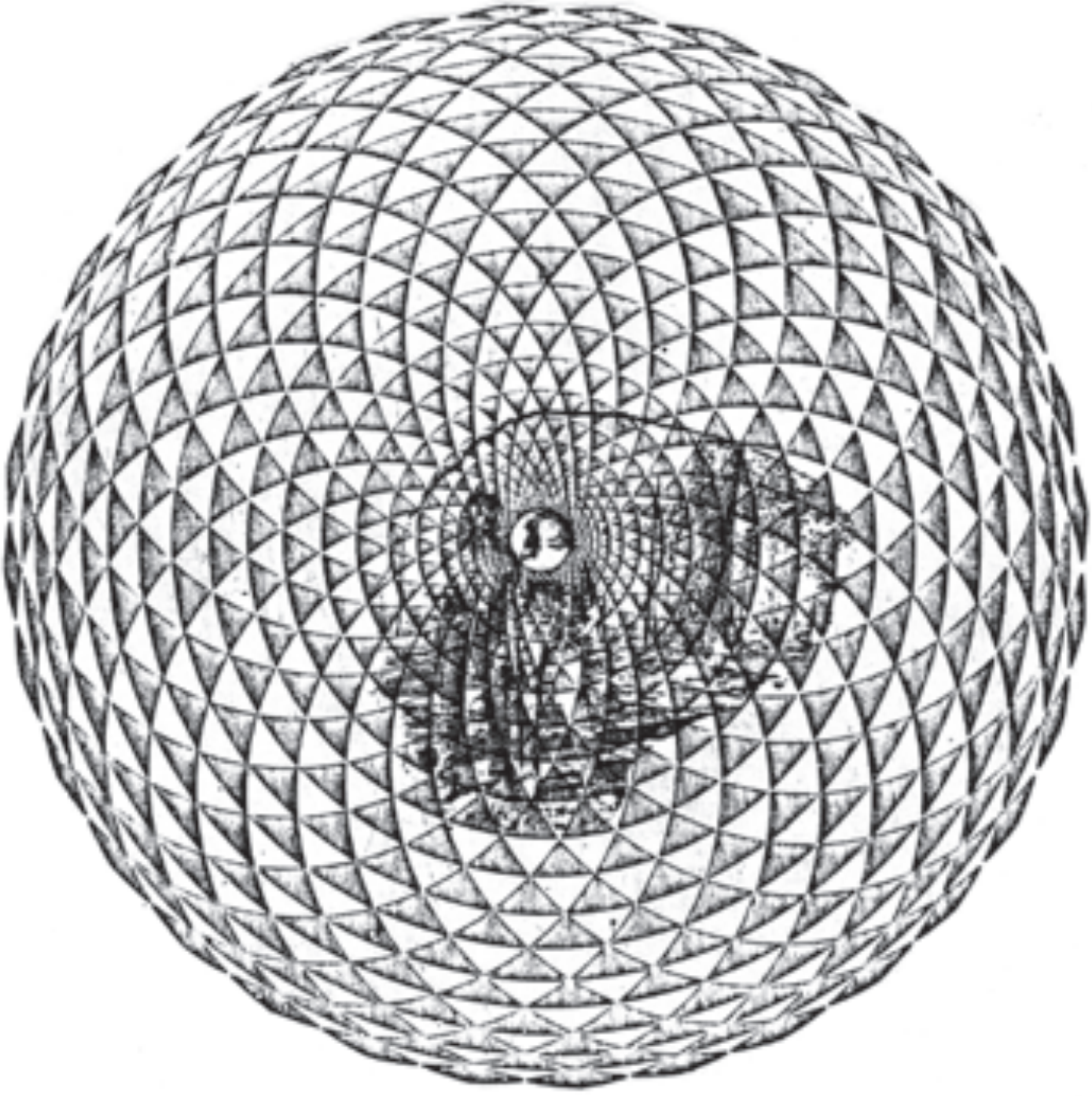
I am a schizophrenic of sorts These days. Living in the air or dying in the mud. Only work is in between scrape scrape paint paint

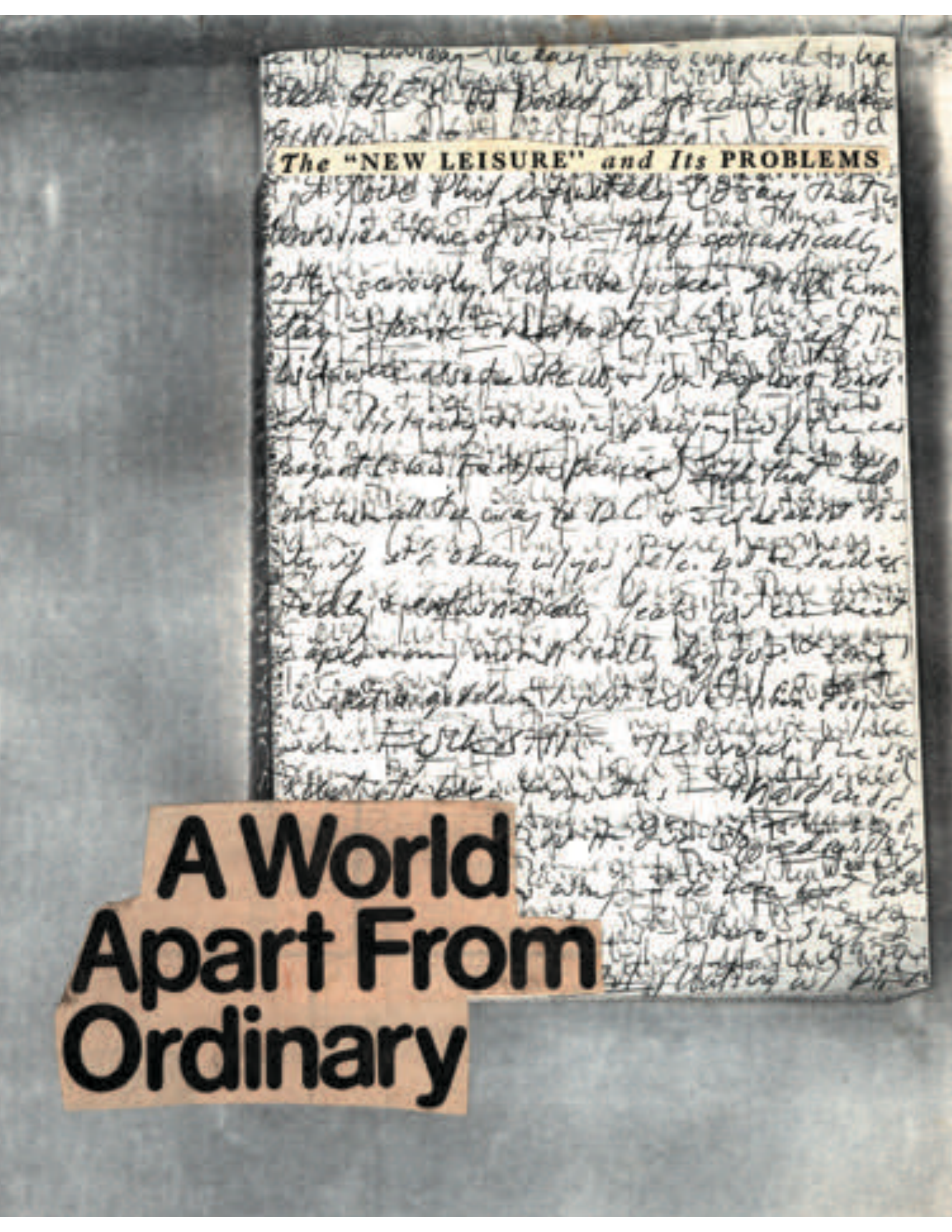


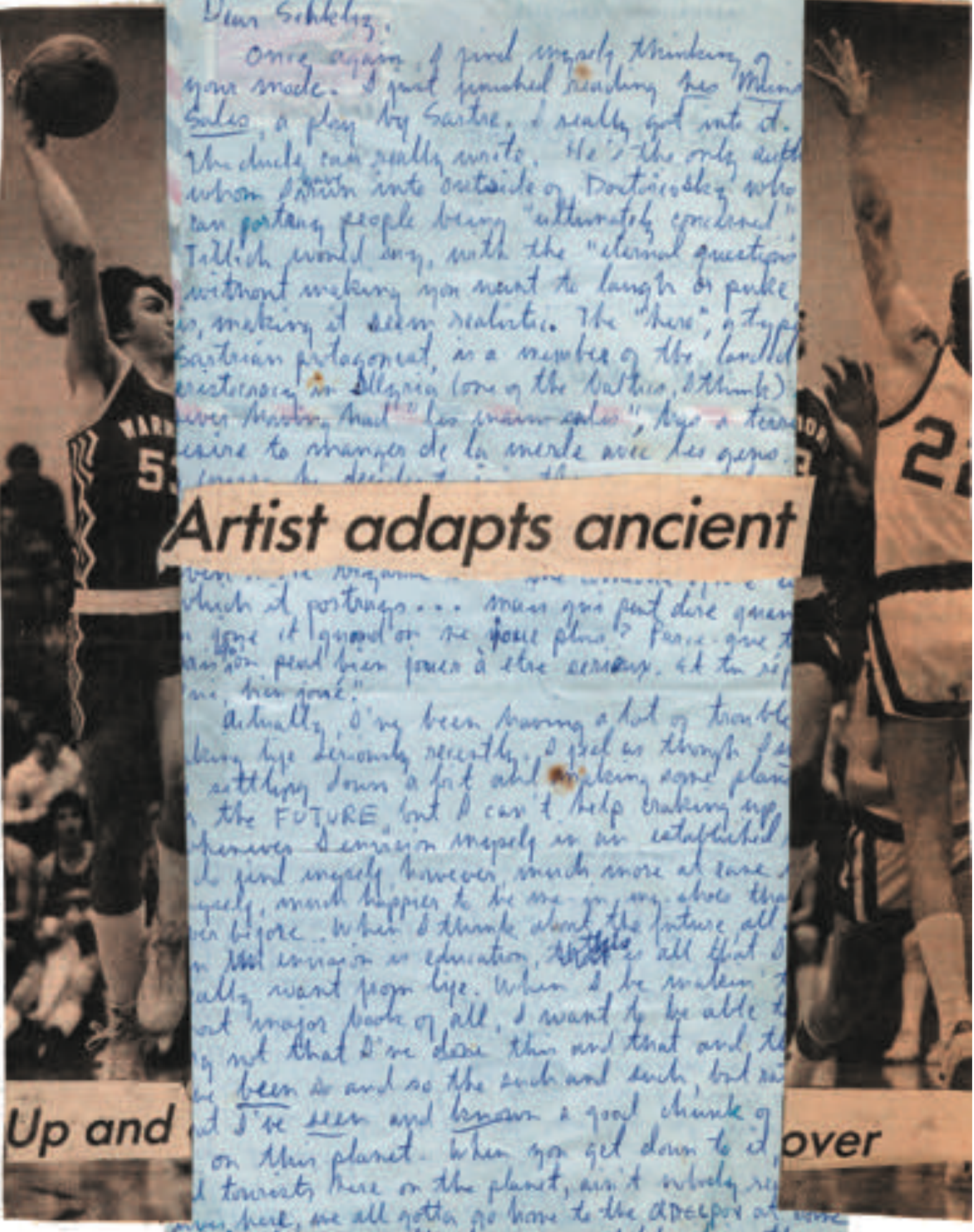
# reconcile belief in Atheist

*and Other Laws of* LEARNING

two halve about to come from
below equality joyous and longing
demaned further the table of gains




The "NEW LEISURE" and Its PROBLEMS
A World Apart From Ordinary

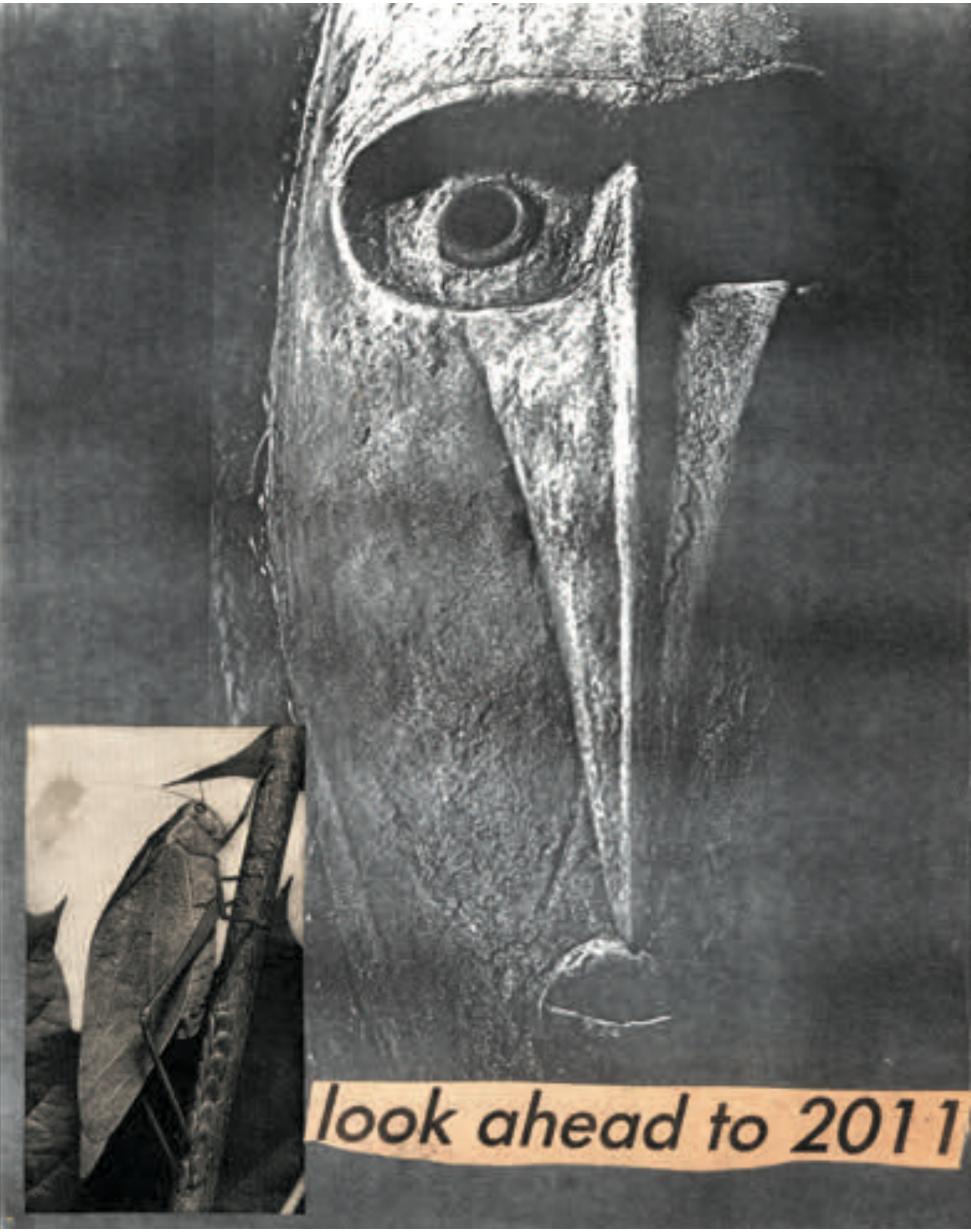


Dear Schlebig,

Once again I find myself thinking of you made. I just finished reading Les Mains Sales, a play by Sartre. I really got into it. The dude can really write. He's the only auth whom I've run into outside of Dostoievsky who can portray people being "alienated" Tillich would say, with the "eternal question" without making you want to laugh or puke so, making it seem realistic. The "hero", a typi Sartrian protagonist, is a member of the Landl resistance in Algeria (one of the battles, I think) never knowing that "les mains sales", bye a terro saire to stranger de la merde avec les gens

# Artist adapts ancient

Up and over

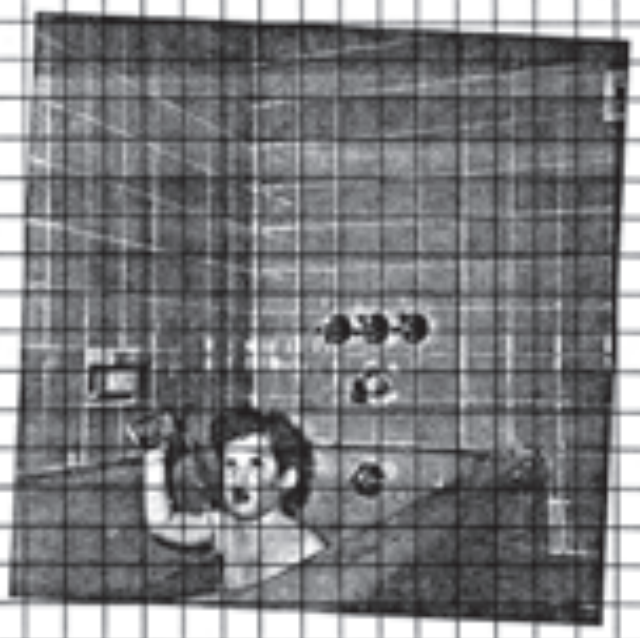

look ahead to 2011

AT-
TEN-
TION!
ATTENTION!

Name _____ Class _____ Date _____

Title: *Fabric Weaves* Sheet # _____

next mission



## A Social History of Public Schooling in the United States

DAVID NASAW

"Records the remarkably systematic development of American educational institutions, from grade school to university, responsive to a complex and variable set of socio-economic pressures. *Schooled to Order* is . . . a tribute to the system's sensitivity, if not to its humanity."

Edgar Z. Friedenberg, author of *Coming of Age in America*

**What's wrong with our schools?**

When radical educators, community activists, and parents first joined forces to demand an answer to this question, the general public's reaction was one of surprise. Now David Nasaw shows that one of the most hotly debated issues of our day is not a new problem.

*Schooled to Order* lays bare the foundations of the current crisis in public education. Bringing together for the first time an extensive and controversial body of scholarship amassed in the last fifteen years, the book shows that for over a century, the schools have been more interested in teaching poor, immigrant, and minority students their place than in educating them.

The book encompasses the pre-Civil War common school movement, the turn-of-the-century high school reform crusade, and the post-World War II period of college expansion. In each of these periods of reform, public

She finds her own books.

"Jonathan Nasaw is a born writer. His technical ease, his generosity and sense of proportion enable him to take what for almost anyone would be an unredeemably grim experience and turn it into a triumph. *Easy Walking* is never grandiose or maudlin. I found it touching, comic, and very funny."

—Jeremy Larner

# EASY WALKING

## Jonathan Lewis Nasaw

One dark night twenty-one-year-old Willie Nasaw went for a drive and run out of road, leaving him with five back vertebrae that, on X-ray film, looked like a pile of crushed sticks. He was paralyzed from the waist down.

For someone else it might have been the end of the road, but not for Willie. Told in his own words, *Easy Walking* is the totally honest and outrageously funny account of Willie's six-month struggle to stand on his own two feet, literally and figuratively.

From the Stryker frame, which flips him over like a fried egg every four hours, to the hydrotherapy tank, where he sinks instead of swims, to simply learning to walk easy in a world that seems to be nothing more than a giant obstacle course—and from bitterness through acceptance to determination—Willie makes an awesome

the flute, returning

arable tabla

# META

• Experiments in which children are asked to copy geometrical figures have shown that between the ages of three and four they often omplex, e.g., two concentric circles to represent a triangle inscribed in a circle.

# Index


Page

Bears ---------- 8

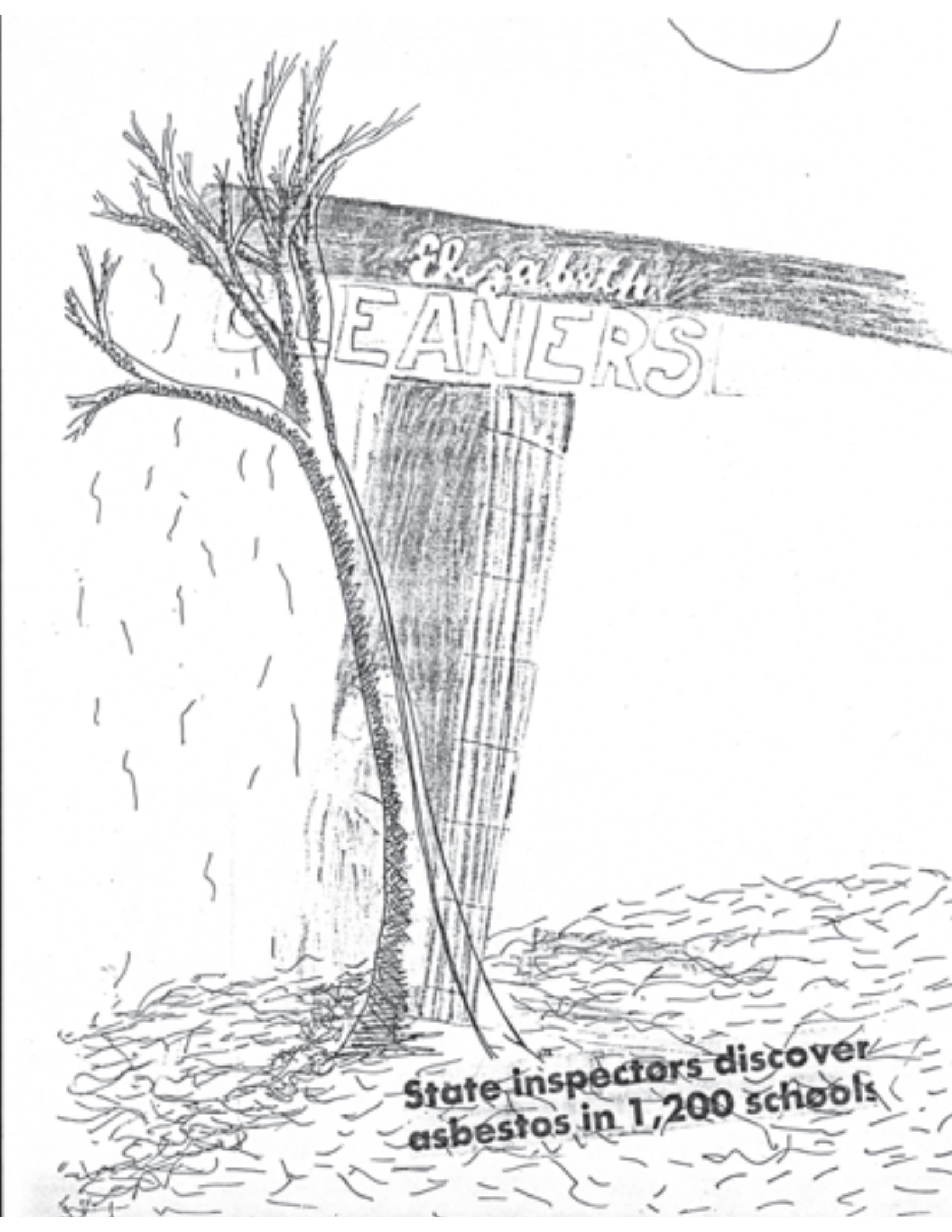
Beavers ---------- 5

Bees ---------- 12

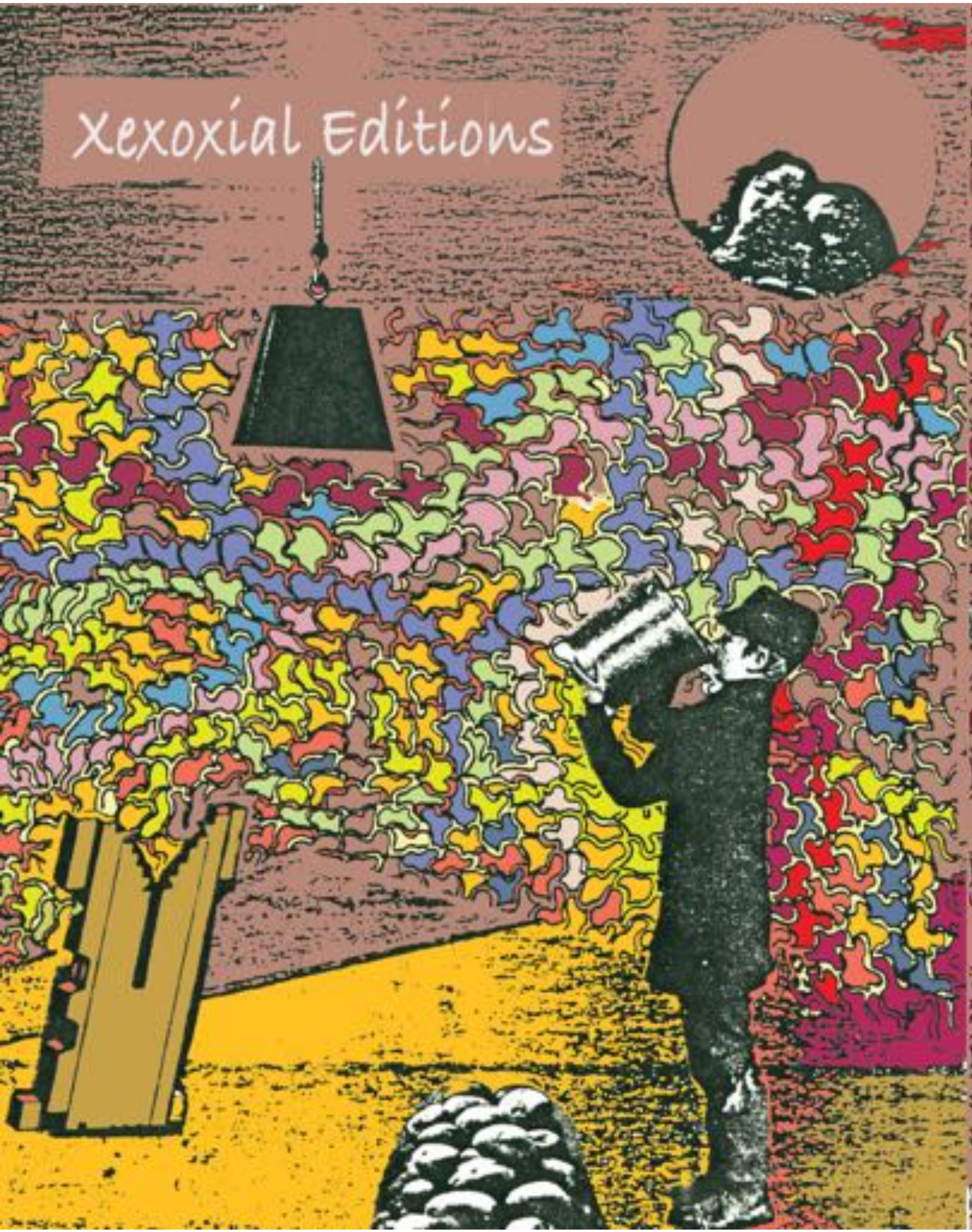
Birds ---------- 9

Butterflies ---------- 15

People ---------- 16


CLEANERS
State inspectors discover
asbestos in 1,200 schools

**Phrex Brain by Elizabeth Was**
**Printed in the Autonomous Republic of Qazingulaza**


Xexoxial Editions